

THE CO-OP 5k DO WELL TO DO GOOD

Sign up for the Co-op 5k with
your Neighboring Co-operators!



Virtual - \$40
April 20 - May 3



Washington, DC - \$50
May 4, 7:30AM



Go to CDF.COOP/CO-OP-5K

Select the team name “**Neighboring Co-operators.**”

Select ticket type - **Virtual or In-person**

Click “**confirm registrants.**”

Your registration fee of \$40 - \$50 supports CDF.

Run, walk, stroll, or roll with your Neighboring Food Co-ops! Help us retain our “Most Team Spirit” trophy!

Participants must register by **March 31** to be guaranteed a race shirt in their desired size. Preferred shirt size is not guaranteed after March 31. **Race packets will be mailed to virtual participants starting on April 4.** In-person participants can pick up their race packet on May 4.



Donations may be tax deductible.
1775 I Street NW, Suite 800,
Washington, DC 20006



Upload times
and photos



REGISTER ONLINE

Form a team, choose ticket type, and register at cdf.coop/co-op-5k



Meet us in DC
Run or walk at Hains
Point on May 4



Pick up race packet
Check in at registration
starting at 7:30am



Ready, set, race!
Gather at the starting
line and take off at
8:00am



Wind down
Pick up a snack box and
gather for the awards
ceremony

Choose the place
Run or walk from
anywhere



Choose the time
Complete the 5k anytime
between April 20 - May 3



Upload your time
Snap a picture of your
time and send to CDF



Send a picture/video
We'll compile and show
at the virtual awards
ceremony



SPREAD THE WORD

Tag us at [@coopfoundation](https://twitter.com/coopfoundation) and
[#coop5k2024](https://twitter.com/coop5k2024) on social media

